Yorkshire and The Humber: 2026-27 El Nino checklist

Last reviewed: 2 Nov 2026 · Peak risk window: Nov-Feb · 77 actions

In an emergency, or if life is at risk, call 999 (or 112). Follow the advice of your local council, the emergency services and official flood and weather warnings. They override this checklist.

Water and food

- [ ] **Store drinking water for 3 days at 3 litres per person per day; allow more for cooking, washing, babies, medical needs and pets**
  Current government preparedness guidance specifies 3 litres per person per day for drinking
  When: This fortnight | Cost: £10-£30 | Qty (family of 4): 36 litres drinking water for 3 days; additional needs vary
  beready.campaign.gov.uk

- [ ] **Stock at least 3 days of non-perishable food that needs no cooking or refrigeration, plus a manual tin opener**
  Power cuts can prevent cooking and refrigeration
  When: This fortnight | Cost: £25-£60 | Qty (family of 4): 3 days of food for 4 people (about 36 meals)
  beready.campaign.gov.uk

- [ ] **In a power cut keep fridge and freezer doors shut; a fridge stays cold up to about 4 hours and a full freezer up to 48 hours (24 hours if half full). If the fridge reaches 8°C or above, eat food that normally needs refrigeration within 4 hours**
  Food Standards Agency advice for power cuts; after a flood a separate rule applies (see the after-flood food row)
  When: before the first storm warning
  gov.uk

- [ ] **Use a camping stove or barbecue only outdoors in the open air; never inside the home, in a tent, or in an enclosed space such as a garage or shed. If it is wet or windy, eat food that needs no cooking rather than cooking indoors**
  Carbon monoxide risk; NHS says never use a barbecue or camping stove indoors or inside a tent
  When: This month | Cost: £20-£50 | Qty (family of 4): 1 stove + fuel
  nhs.uk

- [ ] **After a flood do not use tap water if you notice a change in colour, taste or smell; contact your water company**
  gov.uk after-flood advice
  When: after any flood
  gov.uk

- [ ] **After a flood throw away food and drink that touched floodwater or is in packaging that is not waterproof (screwcap, snap-lid, pull-tab, crimped or metal cap, porous packaging, dented or swollen cans); wash the outside of undamaged sealed cans and pouches before opening. If floodwater reached a fridge or freezer, discard its food and do not switch it on until it is checked**
  GOV.UK/FSA consumer advice (England, Northern Ireland and Wales): floodwater can contaminate food and fridges or freezers that touched it
  When: after any flood
  gov.uk ; gov.uk

- [ ] **Yorkshire has been officially in drought since 9 October 2026: use a little less water and follow any notices from your water company**
  Environment Agency: using a little less water speeds recovery; the Met Office says flooding can still happen during a drought, so keep flood plans too
  When: Now
  gov.uk ; metoffice.gov.uk

Power, heat and light

- [ ] **Battery or wind-up torch per person plus spare batteries; use torches, not candles**
  Severe weather can damage electricity infrastructure; torches are safer than candles
  When: This fortnight | Cost: £15-£40 | Qty (family of 4): 4 torches plus spare batteries
  beready.campaign.gov.uk

- [ ] **Fit an audible carbon monoxide alarm (BS Kitemark or EN 50291) in each room with a fuel-burning appliance; have boilers and gas appliances checked by a Gas Safe registered engineer**
  Cold weather and power cuts raise CO risk from faulty appliances and improvised heating; official cold-weather advice recommends both
  When: This fortnight | Cost: £10-£25 per alarm; engineer check from £60-£100 | Qty (family of 4): 1 per relevant room
  beready.campaign.gov.uk ; nhs.uk

- [ ] **If you suspect carbon monoxide: turn off the appliance if you can, go outside, and do not go back in until told it is safe. Call NHS 111. Call 999 or go to A&E if someone has trouble breathing, is confused or passes out. Do not drive yourself. Call 0800 111 999 if a gas appliance may be leaking**
  Faulty fuel-burning appliances and indoor use of barbecues, camping stoves or generators can cause CO poisoning
  When: This fortnight
  nhs.uk

- [ ] **Keep blankets, layered warm clothing and a sleeping-bag-type option; in a power cut close doors of unused rooms and curtains**
  Heating can fail during a power cut; blankets, warm clothes and closed curtains help retain warmth
  When: This month | Cost: £30-£100 | Qty (family of 4): 1 warm layer set plus blanket per person
  beready.campaign.gov.uk ; beready.campaign.gov.uk

- [ ] **Keep a charged power bank per adult and a battery or wind-up radio with spare batteries; write down your local radio frequencies**
  Mobile masts and broadband can fail in power cuts; the radio is the update channel
  When: This fortnight | Cost: £20-£60 | Qty (family of 4): 2 power banks plus 1 radio
  beready.campaign.gov.uk ; beready.campaign.gov.uk

- [ ] **Write down 105, the free power-cut number for England, Scotland and Wales, with your insurer and emergency contacts**
  Power cuts may disrupt internet and mobile access
  When: This fortnight
  gov.uk ; beready.campaign.gov.uk

- [ ] **Check your energy tariff against Ofgem's current price cap. For 1 October to 31 December 2026 it is £1,723 a year for a typical home, up 4%. The cap limits unit rates and standing charges, not your total bill**
  Your actual bill depends on usage, region and payment method; fixed tariffs are not affected by this cap change
  When: check now. Key date: Ofgem announces the January to March 2027 price cap on 25 Nov 2026.
  ofgem.gov.uk ; ofgem.gov.uk

Flood and storm protection

- [ ] **Check long-term flood risk for your area from rivers, sea, surface water, reservoirs and groundwater where data is available**
  The service assesses area risk; it does not predict whether an individual property will flood
  When: Now
  gov.uk

- [ ] **Know how to turn off water (stop tap), gas (valve by meter) and electricity (main switch) and teach all adults**
  Official advice: turn off supplies if you have to leave in a flood; find the stop tap, gas valve and fuse board now
  When: This fortnight
  gov.uk

- [ ] **Consider property flood resilience: non-return valves on drains, self-closing air bricks, flood doors/barriers, raised electrical sockets, tiles instead of carpet on ground floors**
  Reduces damage when flooding happens; GOV.UK points to the National Flood Forum and the Blue Pages directory for products and suppliers
  When: survey within 2 weeks; fit within a month | Cost: £200-£5,000+ depending on measures | Qty (family of 4): varies by property
  gov.uk

- [ ] **Do not rely on council sandbags: Hull City Council states it is not responsible for supplying sandbags to individual occupiers and cannot deliver on request**
  Plan own barriers or resilience measures instead; Hull may place sandbags at strategic points for collection but prioritises key infrastructure and vulnerable communities
  When: This fortnight
  hull.gov.uk

- [ ] **Before forecast strong winds secure garden furniture, trampolines, ladders and other loose items; do not go outside to repair storm damage while the storm continues**
  Strong winds can blow loose objects around and cause damage
  When: before forecast strong winds, if safe
  beready.campaign.gov.uk

- [ ] **In high winds park in a garage if available, or clear of buildings, trees, walls and fences; stay indoors unless travel outside is essential**
  Storm guidance advises avoiding objects and structures that could be damaged or fall
  When: prepare now; act before and during forecast high winds
  beready.campaign.gov.uk

- [ ] **For a Humber estuary or Hull tidal address, check flood-warning availability, register where covered, and follow official evacuation instructions**
  Storm winds and low pressure can cause coastal storm surges; check local warnings
  When: This fortnight
  gov.uk ; beready.campaign.gov.uk ; gov.uk
- [ ] **Never walk, cycle or drive through floodwater**
  Floodwater can be deeper than it looks and can hide sewage, open manholes and debris. If you reach a flooded road, turn around and find another route. Driving through floodwater is the number one cause of death in floods.
  When: always
  gov.uk ; beready.campaign.gov.uk
- [ ] **When a flood warning is issued, move family, pets, cars and important items upstairs or to higher ground; leave if you are told to evacuate**
  Be Ready: not evacuating or delaying evacuation can put your life at risk; pack a grab bag of essentials in advance
  When: when a flood warning is issued | Cost: £0-£20 (use a spare bag) | Qty (family of 4): 1 grab bag per household
  beready.campaign.gov.uk

Home preparation

- [ ] **Move sentimental/valuable items upstairs or to high shelves; store documents in resealable watertight bags**
  Official flood page for the practical step
  When: This month | Cost: £5-£15
  beready.campaign.gov.uk
- [ ] **Test smoke alarms every month (press the test button) and fit at least one on each floor**
  Fire risk rises with improvised heating and lighting in power cuts; fire and rescue services advise monthly testing
  When: This fortnight | Cost: £10-£30 | Qty (family of 4): At least 1 per floor
  cambsfire.gov.uk
- [ ] **Create a household emergency plan using the downloadable government PDF: meeting point, contacts, medication, radio frequencies and insurance details**
  Keep the plan accessible with important documents; the current template is a PDF
  When: This fortnight | Qty (family of 4): 1 plan per household
  beready.campaign.gov.uk
- [ ] **If renting, ask your landlord what insurance they hold and whether it covers your belongings; buy contents cover if not**
  GOV.UK Get insurance page: landlord cover may not include tenants' items
  When: This fortnight | Cost: from about £5-£15 per month (indicative)
  gov.uk
- [ ] **After a flood do not turn electricity, gas or water back on until your utilities company or a qualified engineer has checked them; never touch an electrical switch while standing in water**
  gov.uk after-flood and help-during-flood advice; row 14 covers only turning supplies off
  When: after any flood | Cost: free (engineer check may cost)
  gov.uk ; gov.uk
- [ ] **For flood clean-up wear rubber boots, waterproof gloves, a waterproof apron and eye protection; add a safety face mask if cleaning causes splashing. Wash hands with soap afterwards. Never use petrol or diesel generators indoors; ventilate indoor heaters and dryers**
  UKHSA flooding-and-health advice: exhaust gases contain carbon monoxide; floodwater can carry sewage
  When: after any flood | Cost: £10-£30 | Qty (family of 4): 1 set per person cleaning; include eye protection
  gov.uk
- [ ] **In snow or ice wear shoes with good grip, check Met Office warnings before you travel, and keep a few essentials in the car boot**
  Be Ready: slips, falls and car accidents rise on icy surfaces; the Met Office says cold spells remain possible later this winter
  When: before the first cold snap | Cost: £0-£30
  beready.campaign.gov.uk

Documents

- [ ] **Keep copies of family IDs, birth certificates, insurance details and emergency contacts with your household plan or grab bag; keep paper copies in a resealable watertight bag**
  Government guidance recommends copies of important documents and an accessible household plan
  When: This fortnight | Qty (family of 4): 1 set per household
  beready.campaign.gov.uk ; redcross.org.uk
- [ ] **Medication list and repeat-prescription details for each person; paper copies of medical-device instructions**
  Cross-government advice: write down a list of regular medication and keep paper instructions for devices
  When: This fortnight
  beready.campaign.gov.uk

- [ ] **Keep each pet's microchip details, vaccination certificate and vet contact details with its emergency kit**
  Council emergency guidance includes pet identification, vaccination records and veterinary contacts
  When: This month | Qty (family of 4): 1 per pet
  slough.gov.uk ; fife.gov.uk

Children

- [ ] **Infant supplies: nappies, wipes, spare bottles**
  Cross-government guidance lists baby supplies for the kit
  When: This fortnight | Cost: £30-£70 (with formula) | Qty (family of 4): 3 days' supply sized to the baby's usual feeds and nappy changes
  beready.campaign.gov.uk
- [ ] **Ready-to-feed formula needs no kettle. If you have powdered formula, know the NHS method: freshly boiled water cooled no more than 30 minutes (at least 70°C), sterilised bottles; do not use bottled water routinely**
  Power cuts or water supply failures disrupt kettle and sterilising; NHS gives the safe method
  When: This fortnight
  nhs.uk ; beready.campaign.gov.uk
- [ ] **Pack a familiar comfort item and activities for each child; use existing items where possible**
  The Red Cross emergency kit list includes comfort items and activities for children
  When: This month | Cost: £10-£30 | Qty (family of 4): 1 comfort item per child
  redcross.org.uk
- [ ] **Teach children your address and a parent/guardian mobile number; practise how and when to call 999; use Staywise resources**
  Official advice on talking to children about emergencies
  When: This month
  beready.campaign.gov.uk
- [ ] **School closure and collection plan: check the school/childcare has your correct numbers; agree a meeting point and who collects the children; check for closure notices in a storm**
  Government guidance covers school closures, alternative childcare, meeting points and current school contact numbers
  When: This month
  beready.campaign.gov.uk ; beready.campaign.gov.uk
- [ ] **After a flood or storm: expect poor sleep and anxiety; keep routines, talk at their pace, contact GP or NHS 111 if worries persist**
  UKHSA says most flood-related health burden is mental health; official trauma page covers supporting children
  When: after any event; plan now
  gov.uk ; beready.campaign.gov.uk
- [ ] **Keep children out of and away from floodwater**
  Red Cross flood advice says not to allow children to play in or near floodwater
  When: every flood event
  redcross.org.uk

Older, disabled and medical needs

- [ ] **Register once for the Priority Services Register via thepsr.co.uk (through your electricity network operator); your details are shared with your energy supplier, gas network and water company; also confirm with your supplier**
  Power cuts Dec-Mar; you may qualify if, for example, you are of pensionable age, have a child aged five or under, or rely on electricity, gas or water for medical needs
  When: This fortnight | Qty (family of 4): register once
  thepsr.co.uk
- [ ] **Northern Powergrid Priority Services Membership: sign up for yourself or for someone else (0800 169 2996)**
  Eligibility includes people using electrically powered medical equipment, pensionable age, children five or under
  When: This fortnight
  northernpowergrid.com
- [ ] **Join Yorkshire Water's Priority Services Register if eligible (call 0800 1 38 78 78 or sign up online); when water is likely to be off for more than five hours, it will try to provide water by other means, which may include bottled-water delivery**
  Bottled-water delivery is a possible support measure, not a guarantee
  When: This fortnight
  yorkshirewater.com
- [ ] **Discuss keeping several days of medication with your pharmacy or clinical team; keep existing medical-equipment backup batteries charged and paper device instructions available**
  Government disability guidance recommends medication for several days and planning for equipment power loss
  When: This fortnight | Cost: free (prescription charges may apply) | Qty (family of 4): Several days, agreed for each prescription with your pharmacy or clinical team
  beready.campaign.gov.uk ; beready.campaign.gov.uk

- [ ] **Ask your landline and telecare providers what happens in a power cut. If your landline is your only way to call for help, ask about a free battery backup**
  Digital landlines and telecare may fail without electricity or internet; the free solution is conditional, not a universal battery entitlement
  When: This fortnight
  beready.campaign.gov.uk
- [ ] **Arrange a check-in plan: a neighbour or relative who checks on you if they have not heard from you; ask Floodline (0345 988 1188) to send flood warnings to a friend or relative for you**
  Official advice for disabled people and carers; cold and power cuts hit older adults, babies and people with long-term conditions hardest
  When: This fortnight
  beready.campaign.gov.uk ; gov.uk
- [ ] **Ask your pharmacist how to protect refrigerated medicines during a power cut. Do not use damaged or flood-contaminated medicines until a pharmacist advises; storage limits depend on the product**
  Follow each medicine's leaflet. Some in-use insulin pens can stay at room temperature for up to 4 weeks, but not all insulins: check yours.
  When: This fortnight | Cost: free (prescription charges may apply)
  ulh.nhs.uk ; nhs.uk
- [ ] **In a power cut, check on neighbours who may need help and offer blankets or warm clothing if you can**
  Be Ready: older adults, babies, young children and people with long-term conditions are most at risk from the cold
  When: during any power cut
  beready.campaign.gov.uk

Pets

- [ ] **Pet carriers/leads, a 3-day supply of pet food and water, bowls, medication and litter in the grab bag**
  Council guidance includes carriers or leads, medicines and litter; government preparedness guidance includes pet food and water
  When: This month | Cost: £15-£50 | Qty (family of 4): Per pet: carrier or lead, medicines and supplies; aim for at least 3 days of food and water
  fife.gov.uk ; beready.campaign.gov.uk
- [ ] **Make an evacuation plan for pets: identify friends/relatives or boarding who take animals**
  Council guidance recommends friends, relatives or suitable boarding; check your own council's pet policy rather than assuming rest centres accept pets
  When: This month
  fife.gov.uk ; gov.uk
- [ ] **Keep pet vaccination certificates and microchip details accessible; check the registered contact details are current**
  Council guidance includes vaccination certificates; GOV.UK requires owners to keep microchip registration details up to date
  When: This month
  fife.gov.uk ; gov.uk

Alerts and communication

- [ ] **Sign up for Environment Agency flood warnings (phone, text, email) for your address**
  Free official service for river, sea and groundwater flooding; you cannot get flood warnings for surface-water flooding. Relevant to riverside areas of Calderdale, York, Leeds, Doncaster, Hull
  When: Now
  gov.uk
- [ ] **Floodline 0345 988 1188 (24 hours); report severe river or coastal flooding to the Environment Agency incident hotline 0800 80 70 60**
  Official numbers on gov.uk and the cross-government flooding page
  When: save now | Cost: Floodline call charges apply
  beready.campaign.gov.uk ; gov.uk
- [ ] **Subscribe to Met Office email alerts / use the Met Office warnings page for your area**
  National Severe Weather Warnings for wind, rain and snow-ice cover the zone's storm and cold hazards
  When: Now
  metoffice.gov.uk
- [ ] **UK Government Emergency Alerts: no sign-up needed; check your phone settings allow them**
  Alerts are sent for danger to life nearby, including severe flooding and extreme weather
  When: This fortnight
  gov.uk

- [ ] **Sign up for free UKHSA cold-health email alerts (1 November to 31 March)**
  Cold-health alerts cover England; the core season is 1 November to 31 March, with exceptional alerts possible outside it
  When: check now and throughout cold weather
  gov.uk

- [ ] **Check the 5-day flood forecast and live flood alerts and warnings for your area**
  Combined Met Office and Environment Agency forecast; the service also shows river, sea and groundwater levels
  When: check daily Nov-Feb
  check-for-flooding.service.gov.uk

- [ ] **Learn what Met Office warning colours mean: yellow = read the warning to see which weather it covers; amber = possible travel delays, road and rail closures, power cuts and risk to life and property; red = dangerous weather, risk to life, take action now**
  Met Office: yellow warnings cover a range of situations so read the content; amber means increased likelihood of impacts that could disrupt plans; red means dangerous weather is expected and you should act now
  When: read now and whenever a warning is issued
  weather.metoffice.gov.uk

- [ ] **Learn the three England flood warning levels: flood alert = flooding is possible; flood warning = flooding is expected; severe flood warning = risk to life and significant disruption. Check your area at gov.uk/check-flooding or call Floodline 0345 988 1188**
  Environment Agency issues 3 levels in England; severe flood warnings can be issued before, during or after flooding; know which one needs action now
  When: Now
  gov.uk

- [ ] **York: check current flood warnings, the 5-day regional flood forecast and river levels on GOV.UK**
  GOV.UK Check for flooding in York: current flood warnings and alerts, the regional forecast for the next 5 days, and local river, sea, groundwater and rainfall levels
  When: before the first storm warning
  check-for-flooding.service.gov.uk

Money and insurance

- [ ] **Review your flood cover. Ask your insurer or a broker if Flood Re can help (homes built before 2009 may qualify). In a large block, contents cover may qualify even if buildings cover does not**
  Flood Re works through insurers and is due to run until 2039; eligibility differs between buildings and individual contents cover
  When: This fortnight | Qty (family of 4): 1 policy review
  floodre.co.uk ; floodre.co.uk

- [ ] **If your home is flooded and your insurer participates in Build Back Better, ask about up to £10,000 for resilience work during repairs**
  GOV.UK Get insurance page
  When: when claiming | Cost: free (up to £10,000 benefit)
  gov.uk

- [ ] **Get insurance advice from the National Flood Forum or MoneyHelper if cover is hard to find; ask the Environment Agency for a flood risk evidence letter if your insurer asks**
  GOV.UK Get insurance page lists these; the EA letter is free and arrives within 20 days
  When: This fortnight
  gov.uk

- [ ] **Keep emergency cash (small notes) and a bank card in the grab bag**
  Government guidance recommends notes, coins and cards in case payments or ATMs are disrupted; the amount depends on household needs
  When: This month | Cost: £50-£100 | Qty (family of 4): £50-£100 suggested (judgement, not official)
  beready.campaign.gov.uk

- [ ] **How to claim after a flood: photograph damage and the flood line before cleaning, call your insurer, ask what you may throw away**
  GOV.UK after-flood guidance
  When: at the time
  gov.uk

- [ ] **Check if you can get Cold Weather Payments (£25 for each 7-day very cold spell, 1 November 2026 to 31 March 2027) and the £150 Warm Home Discount**
  Both depend on benefits; payments are usually automatic; a Cold Weather Payment is triggered when the average temperature is recorded or forecast at 0°C or below for 7 days in a row
  When: Now
  gov.uk ; gov.uk

Local help

- [ ] **Calderdale Council: be prepared for flooding (Environment Agency three-point plan: prepare, act, survive; free flood warnings by Floodline 0345 988 1188 or online)**
  Council page follows the Environment Agency Prepare-Act-Survive plan and points to Floodline
  When: read within 2 weeks
  new.calderdale.gov.uk
- [ ] **Leeds City Council flooding page and report-a-flood contacts (online form; phone 0113 222 4407 Mon-Fri 9-5; out of hours 0113 376 0499)**
  The council handles roads, public drains and ordinary watercourses; the Environment Agency handles main-river flooding
  When: save within 2 weeks
  leeds.gov.uk
- [ ] **York: bookmark the council's emergency contacts page. Note: 0300 131 2131 is for social care and housing emergencies, not flooding**
  The page separates the flooding-incidents route from the out-of-hours social care, housing and homelessness Emergency Duty Team
  When: save within 2 weeks
  york.gov.uk
- [ ] **Hull City Council: flood-aware pages and emergency flood advice (Hull surface-water and Humber tidal risk)**
  Council page sets out Flood CPR advice and flood kit contents; see its emergency page for sandbag policy
  When: read within 2 weeks
  hull.gov.uk
- [ ] **City of Doncaster Council: emergencies page (customer services 01302 736000 in hours)**
  Council lists flooding advice, emergency planning and the South Yorkshire Local Resilience Forum
  When: save within 2 weeks
  doncaster.gov.uk
- [ ] **British Red Cross: how to prepare for floods and flooding (links to storm and winter-warmth advice)**
  Charity guidance; use alongside gov.uk
  When: read within 2 weeks
  redcross.org.uk
- [ ] **For a power cut or electrical hazard call 105 (free). If you smell gas or a CO alarm sounds, call the Gas Emergency line on 0800 111 999 (free, 24 hours). For overflowing sewers contact your water company**
  GOV.UK gives these reporting routes; identify the providers serving your address
  When: save within 2 weeks
  gov.uk ; nationalgas.com
- [ ] **Emergency accommodation after flooding: contact your local council**
  GOV.UK says contact the council for emergency housing if your home is flood damaged
  When: at the time
  gov.uk
- [ ] **Dial 999 if there is immediate danger; NHS 111 for urgent non-emergency health advice**
  Standard emergency routes; gov.uk: call 999 if you or someone else is in immediate danger
  When: always
  gov.uk ; 111.nhs.uk
- [ ] **York and North Yorkshire: find your Local Resilience Forum's emergency preparedness page**
  North Yorkshire Council: the LRF is a partnership that prepares for, responds to and recovers from major incidents and emergencies in York and North Yorkshire
  When: This fortnight
  northyorks.gov.uk
- [ ] **Hull and the Humber: use the Humber Local Resilience Forum's emergency planning pages**
  Humber LRF: supports individuals, businesses and communities with emergency planning
  When: This fortnight
  humberlrf.gov.uk

General preparedness information from official sources, not personal, legal, medical or insurance advice. Always follow instructions from your local authorities and emergency services. In an emergency call 999 or 112 (UK) or 911 (US). Checklist built from official-source tables (source hosts shown; full links on the website); costs marked indicative are planning ranges.

Full links and updates: ninoprep.com/zones/uk-tle/
Scan the code or type the address.